

Christmas Yoga Retreat

20–28th December, 2015

Goa, India

Jivamukti Yoga & Yoga Say Love-in

with **Tanya Popovich** and **Helen Say**

“Love-in”

..a peaceful public gathering focused on meditation, love and music.-

Goa was majestic last year, so this year we are going back! The retreat includes **two yoga classes per day**: a rigorous **Jivamukti Yoga Vinyasa** and **Anusara** inspired **Yoga Say**, both marinated in years of experience and topped over with the juicy Bhakti salsa. **Pranayama, Meditation, Music** and **excursions** on the side, all served at the beautiful **Himalaya Yoga Valley**, shared **accommodation** and **breakfast** included!

Feel love, be love this year with us in Goa.

Join the Love-in!

Price per person: **£595 (€810)**

Early bird price*: **£545 (€745)**

*(until 20th Oct.)

£200 (€270) non refundable deposit upon registration, balance due by Dec. 4, 2015

- Space is limited so please reserve early
 - For **registration** contact: om@swaha.gr or yogasay@gmail.com
- By joining our Yoga Love-in you get a **discount** on the [India Yoga Festival](#)
- For more **information** please inquire with Helen at yogasay@gmail.com